JEANETTE WILLIAMS

GET DRESSED, GET HAPPY

FREE WORKSHEET COLLECTION

Your personal dopamine dressing companion

This worksheet belongs to:

_____

Started on:

_____

WHAT'S INSIDE:

- ✦ My Happiest Outfit Memory
- ✦ Build Your Dopamine Palette
- ✦ Personal Color Story Map
- ✦ Match It or Shift It
- ✦ 7-Day Color Challenge Journal
- ✦ Quick Daily Check-Ins

"What do I need to feel today?"

How to Use This Worksheet

HOW TO USE

This is your personal playground — messy, honest, colourful, and completely yours. There are no wrong answers here. Work through it in order, or flip to whatever feels right today.

A few gentle reminders:

- Fill this in digitally, or print and write with pencil so you can revisit.
- Doodle in the margins. Color the swatches. Make it yours.
- Skip sections that don't resonate right now — come back later.
- Return to this worksheet whenever you need a mood reset.
- Joy is always the goal. If a section feels heavy, breathe and move on.

What's in this worksheet:

- **My Happiest Outfit Memory**
  Remember a time you felt completely unstoppable in what you wore.
- **Build Your Dopamine Palette**
  Discover your personal color language — what lifts, calms, or grounds you.
- **Your Color Story Map**
  Map your emotional relationship with each color.
- **Match It or Shift It**
  Learn the two ways to use clothing as a mood tool.
- **7-Day Color Challenge Journal**
  A week of intentional color play with daily reflections.
- **Quick Daily Check-Ins**
  Tiny daily prompts to keep your dressing practice alive.

"Joy is not reserved for special occasions.
It's hanging right there in your closet,
waiting for you to slip it on."

My Happiest Outfit Memory

KNOW YOURSELF

Think of one specific time you wore something and felt absolutely amazing. Unstoppable. Entirely yourself. Cast your mind back and really sit with it.

What were you wearing? Describe it — color, fabric, fit, accessories.

Where were you going, and why did this outfit matter?

How did wearing it make you feel in your body?

What was it specifically — the colour, the fit, the fabric — that made it work?

My one word to describe how I felt in that outfit:

Build Your Dopamine Palette

YOUR PALETTE

You're not building a perfect palette — you're building YOUR palette. Write what genuinely resonates, not what you think should.

Colors that lift me up instantly:

Colors that calm me down and soothe me:

Colors I avoid — and why:

Colors that remind me of happy memories:

Colors I want to experiment with more:

My signature happy color is:

This is the color my soul reaches for when it needs a boost.

My Personal Color Story Map

COLOR MAP

How does each color make you feel — in life, in clothing, in memory? Be specific. Be honest. These are YOUR associations, not the rules.

RED
Energy · Passion · Survival

This color makes me feel:

ORANGE
Confidence · Creativity

This color makes me feel:

YELLOW
Joy · Optimism · Clarity

This color makes me feel:

GREEN
Balance · Healing · Growth

This color makes me feel:

BLUE
Calm · Trust · Communication

This color makes me feel:

PURPLE
Imagination · Spirituality

This color makes me feel:

PINK
Love · Nurturing · Gentleness

This color makes me feel:

WHITE / NEUTRALS
Clarity · Purity · Balance

This color makes me feel:

BLACK
Power · Mystery · Depth

This color makes me feel:

Match It or Shift It?

MOOD DRESSING

There are two ways to use colour intentionally: match your current mood, or deliberately shift it. Both are powerful. Neither is wrong.

MATCH IT

Feel it fully & process it

e.g. I'm peaceful, I reach for soft blues.

SHIFT IT

Change the channel intentionally

e.g. I'm low, I reach for bright yellow.

When I want to MATCH my mood, I tend to reach for:

When I want to SHIFT my mood, my go-to color is:

A time I used color to change how I was feeling:

My go-to 'shift it' color when I need a mood boost:

7-Day Color Challenge Journal

7-DAY CHALLENGE

Wear one intentional color each day — even just a scarf, socks, or a single accessory counts. Notice everything. Journal honestly.

Day 1 — Red Day

Red = energy, passion, survival. How did wearing red (or a touch of it) affect your presence and confidence?

Confidence today: 1 2 3 4 5 6 7 8 9 10

Day 2 — Orange Day

Orange = creativity and confidence. Did you feel a shift in how bold or expressive you felt today?

Confidence today: 1 2 3 4 5 6 7 8 9 10

Day 3 — Yellow Day

Yellow = joy, optimism, mental clarity. Did the sunshine color bring any actual sunshine into your day?

Confidence today: 1 2 3 4 5 6 7 8 9 10

Day 4 — Green Day

Green = balance, healing, growth. Did wearing green feel grounding or nurturing?

Confidence today: 1 2 3 4 5 6 7 8 9 10

7-Day Color Challenge Journal (continued)

7-DAY CHALLENGE

Day 5 — Blue Day

Blue = calm, trust, communication. How did blue affect your sense of ease or focus?

Confidence today: 1 2 3 4 5 6 7 8 9 10

Day 6 — Purple / Violet Day

Purple = imagination, spirituality, depth. Did you feel more intuitive, creative, or reflective?

Confidence today: 1 2 3 4 5 6 7 8 9 10

Day 7 — Shades of Light

White, black, or gray. What did your choice say about where you are today?

Confidence today: 1 2 3 4 5 6 7 8 9 10

Challenge Wrap-Up Reflection

REFLECTION

Take a moment to look back over your 7 days. The answers here are where your real style wisdom lives.

Which day felt most like YOU — and why?

Which color surprised you the most?

Did anyone comment on your outfits this week? How did that feel?

Something I noticed about how my outfit affected my mood:

A color I want to wear more of after this challenge:

Will I do this challenge again? Yes / No / Maybe — because:

My biggest dopamine dressing insight from this week:

Quick Daily Check-Ins

DAILY CHECK-IN

Use these each morning for a one-minute intentional check-in before you open your closet. Even one line a day builds powerful self-awareness.

Day 1 Date: _____

How I feel right now: | *What I need today:* | *What I chose to wear:*

Day 2 Date: _____

How I feel right now: | *What I need today:* | *What I chose to wear:*

Day 3 Date: _____

How I feel right now: | *What I need today:* | *What I chose to wear:*

Day 4 Date: _____

How I feel right now: | *What I need today:* | *What I chose to wear:*

Day 5 Date: _____

How I feel right now: | *What I need today:* | *What I chose to wear:*

Day 6 Date: _____

How I feel right now: | *What I need today:* | *What I chose to wear:*

Day 7 Date: _____

How I feel right now: | *What I need today:* | *What I chose to wear:*

You've Got This.

Your wardrobe is already full of joy waiting to be worn.

Final Reflection

The biggest shift in how I think about getting dressed:

The most surprising thing I discovered about myself:

My go-to mood-boosting outfit from now on:

One thing I want to keep doing:

Want more? Get the full book!

Get Dressed, Get Happy! by Jeanette Williams
The complete guide to dopamine dressing — with expanded worksheets, the full 7-day challenge collection, Samoan style wisdom, chakra color guides, closet rituals, and so much more.

Available on Amazon · joynette.ca